

Chapter 2: Facility Design for Taping, Wrapping, Bracing, and Padding

Multiple Choice

1. The height of taping tables and benches should vary between:
- A. 30 and 40 inches.
 - B. 40 and 50 inches.
 - C. 50 and 60 inches.
 - D. 60 and 70 inches.

ANS: A

TOP: Taping

2. The recommended humidity level for the application area is:
- A. 20% to 30%.
 - B. 30% to 40%.
 - C. 40% to 50%.
 - D. 50% to 60%.

ANS: C

TOP: Facility Design

3. New construction or renovation of the application area should consider all of the following factors EXCEPT:
- A. current staff.
 - B. number of sport teams.
 - C. strategic plan of organization or institution.
 - D. size of team locker rooms.

ANS: D

TOP: Facility Design

4. Tape should be stored in a:
- A. cool, humid environment.
 - B. cool, moisture-free environment.
 - C. warm, well-illuminated environment.

D. cool, well-illuminated environment.

ANS: B

TOP: Taping

5. OSHA is the acronym for the:

- A. Occupational Safety and Health Administration.
- B. Organizational Security and Health Agency.
- C. Occupational Safety and Healthiness Administration.
- D. Organizational Safety and Healthcare Agency.

ANS: A

TOP: Facility Design

6. Multiple individual taping tables or benches are effective:

- A. when financial constraints are low.
- B. in areas with adequate illumination.
- C. with multiple sport teams.
- D. in areas without space constraints.

ANS: D

TOP: Taping

7. Which of the following systems is not a required structural factor for the application area?

- A. Electrical
- B. Ventilation
- C. Plumbing
- D. Lighting

ANS: C

TOP: Facility Design

8. Ergonomics is based on the health care professional's:

- A. psychological characteristics.
- B. anatomical characteristics.
- C. physiological characteristics.
- D. All of the above

ANS: D

TOP: Facility Design

9. Which of the following items should be used to clean plastic and rubber runners and mats?

- A. Mild acid
- B. Mild dish soap
- C. Tape removal solvents
- D. Isopropyl alcohol

ANS: B

TOP: Facility Design

10. Which of the following tapes has an expiration date?

- A. Non-elastic
- B. Elastic
- C. Cast
- D. All of the above

ANS: C

TOP: Taping

11. All of the following are structural factors to consider in planning for new construction or renovation of an application area EXCEPT:

- A. table or bench design.
- B. ceiling coverings.
- C. available time and staff.
- D. lighting system.

ANS: C

TOP: Facility Design

12. To lessen congestion, application areas in scholastic, intercollegiate, and professional sport facilities should be located near:

- A. an entrance or exit.
- B. a hydrotherapy room.
- C. a rehabilitation area.

D. an athletic trainer's office.

ANS: A

TOP: Facility Design

13. Taping tables and benches should be cleaned and disinfected:

- A. only when visibly soiled.
- B. at the end of each day.
- C. immediately following technique application.
- D. at least twice per week.

ANS: C

TOP: Taping

14. All of the following are suggestions for the electrical system in the application area EXCEPT:

- A. placing outlets every 6 feet.
- B. placing outlets 3 to 4 feet off the floor.
- C. equipping outlets with GFI breakers.
- D. using only hospital-grade plugs.

ANS: A

TOP: Facility Design

15. High levels of humidity in the application area can cause:

- A. the growth of bacteria and fungi.
- B. damage to taping, wrapping, bracing, and padding supplies.
- C. uncomfortable working conditions.
- D. All of the above

ANS: D

TOP: Facility Design

16. GFI is the acronym for:

- A. ground fault indicator.
- B. ground failure interrupter.
- C. ground fault interrupter.
- D. ground failure indicator.

ANS: C

TOP: Facility Design

17. Taping tables and benches should be:

- A. constructed with adequate storage space.
- B. the same height.
- C. 4 to 5 feet in width.
- D. located in the center of the sport facility.

ANS: A

TOP: Taping

18. To lessen adverse effects on the adhesive mass and roll tension, it is recommended that the storage of non-elastic and elastic tapes be limited to:

- A. 2 months.
- B. 6 months.
- C. 1 year.
- D. 2 years.

ANS: C

TOP: Taping

19. Which of the following is not typically stored in taping tables and benches?

- A. Tapes
- B. Wraps
- C. Braces
- D. Pads

ANS: C

TOP: Bracing

20. To minimize damage to non-elastic and elastic tapes, all of the following recommendations are appropriate EXCEPT:

- A. storing boxes or cases with the sides facing up.
- B. storing tape in their original box or case.
- C. keeping tape away from heat and humidity.
- D. carefully handling tape prior to application.

ANS: A

TOP: Taping

21. Facility design requires walls to be constructed with what material?

- A. Cinder block
- B. Drywall
- C. Tile
- D. All of these materials can be used.

ANS: D

TOP: Facility Design

22. In the application area, table widths should vary in what range?

- A. 1–2 feet
- B. 2–3 feet
- C. 3–4 feet
- D. 1–4 feet

ANS: B

TOP: Facility Design

23. Which of the following is a main structural consideration when designing the storage room of your facility?

- A. Ventilation
- B. Plumbing
- C. Lighting
- D. All of these are important to consider.

ANS: A

TOP: Facility Design

True/False

24. Illumination in the application area can be supplied with standard recessed lighting.

ANS: True

TOP: Facility Design

25. Application areas do not need to conform to OSHA Standards for bloodborne pathogens because the area is not typically used to treat open wounds.

ANS: False

TOP: Facility Design